

Messenger

Summerfield | WALDORF SCHOOL AND FARM

November 20, 2013

Volume 26, Issue 3

Day of the Dead

By Daniela Delario



Throughout the world, many cultures set aside a day or time of the year to honor their loved ones who have passed away. The Day of the Dead is celebrated in Mexico, Ecuador, Guatemala, Italy and many other countries. It coincides with the Catholic holidays of All Saints Day and All Souls Day, November 1st and 2nd, with special masses, visits to cemeteries, and cleaning of tombs as part of the tradition. In Ecuador they celebrate El día de los difuntos (Day of the Deceased) where they bring food to the cemeteries of their deceased loved ones, drink colada morada and eat guaguas de pan, sweet bread shaped like babies. In Guatemala, families visit the cemeteries of their ancestors and fly kites overhead to signify the connection between the living and the spirit world.

(Continued on Page Two)



DRAWING BY BRENNIA SMITH

The Lantern Walk

By Tim Allen, Second Grade Teacher

Just as night began to fall, the Second Grade students and families met behind the classroom. We gathered for the traditional Lantern Walk, a celebration of Martinmas. In the cold of winter, St. Martin once

came upon a freezing beggar. Martin took the cloak from his own back, cut it in two, and shared the warmth with the poor beggar. This simple gesture is a reminder that, in addition to the warmth we need to wrap ourselves in at this time of year, there is a greater warmth of care and generosity that we can only share between each other.

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Important Dates:

Hamlet, The Eleventh Grade Play

Thursday & Friday, Nov 21-22, 7pm,
Sophia Hall

Grandparents and Special Friends Day

Wednesday, Nov 27, 8:15am -12:30pm

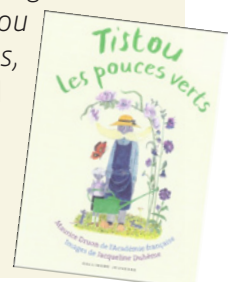
The Annual Winter Faire

Saturday, Dec 7, 11am-4pm

STOP PRESS!

Don't miss master storyteller Ashley Ramsden's delightful presentation of *Tistou of the Green Thumbs*, a story of peace and gardening, suitable for 7 and up.

**WEDNESDAY, NOV 20
5:30PM SOPHIA HALL**



(Continued from Page One)

The Mexican holiday of *El dia de los muertos* combines the festivals of the Catholic church with the traditions of the indigenous peoples who celebrate life after death. On October 31, colorful altars are erected in the homes, decorated with marigolds and candles. Portraits of deceased family members are lovingly placed alongside their favorite foods and beverages. Even toys of the *angelitos*, deceased children, are displayed. Streets and markets brim with colorful flowers. In Mexico it is a flamboyant, fun-filled holiday when stories are told relating to and even poking fun at death. Day of the Dead is a time when families come together to celebrate and honor the deceased. It's believed that "Death" loves those that grieve, and comforts them. In comparison, our culture struggles with its relationship to death.

One of our school's learning goals is to give each child the opportunity to explore, in depth, those questions that lie at the foundation of human experience—life, death, friendship, spirituality, and vocation. Every year at Summerfield, the Spanish teachers create a community altar, bright and colorful as in Mexico, adorned with fresh and dried flowers, sugar skulls, papel picado and many candles. This year the altar was adorned with marigolds from the farm, sugar skulls brought from Mexico by Señora Nora, papel picado made by the fourth graders with Señora Molly, and butterflies, signifying transformation from one state of life to the next, made by many grades throughout the lower school. You might have noticed that the Memorial Garden was also decorated with flowers from the farm.

This year two siblings in our community sadly lost their devoted



father. During the morning of Day of the Dead, each class had a visit to the altar with their Spanish teacher. The older brother sat quietly during the class visit and, as the other children shared the names of loved ones who had passed away (grandparents, friends of their parents, and pets), he played with the dried marigolds in front of him, shaping them into a perfect and beautiful heart on the floor in the center of the offering.

As the observance of Day of the Dead continued, a serendipitous connection developed. Later in the day, during the all school assembly, his younger sister coincidentally sat right in front of the heart her brother had sculpted. As she sat listening to a story told by Mr. Lloyd, she filled the heart with petals. The teachers noticed, and after the assembly, placed the father's photo next to the heart to guard it for the rest of the day. On her return at day's end to collect the photo, the girl broke into a broad smile when Señora Daniela explained what had happened.

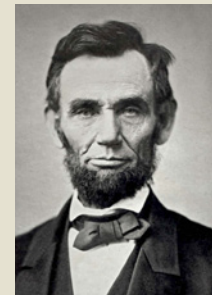
Grieving is never easy, but as we grieve we begin the healing process. Such a profound loss will always be felt on some level, but somehow or another it makes us more human.

Famous Figures from American History

by Cody Smout,
Eighth Grade
teacher



On the evening of November 25th, Class Eight welcomes the entire community to come share in our effort to acquaint ourselves with interesting personalities from United States history. Imagine a conversation between John



Wilkes Booth and Abraham Lincoln! Imagine exploring the wilds west of St. Louis with Lewis and Clark!!

Right now the eighth grade class is busy imagining what these people looked like, what their lives were like, what they sounded like, and indeed, *who they were*.

Each student will present a two- to three-minute biographical sketch of important personalities from our past. Please come join us for a playful look into history:
November 25, 6-8pm, Sophia Hall.



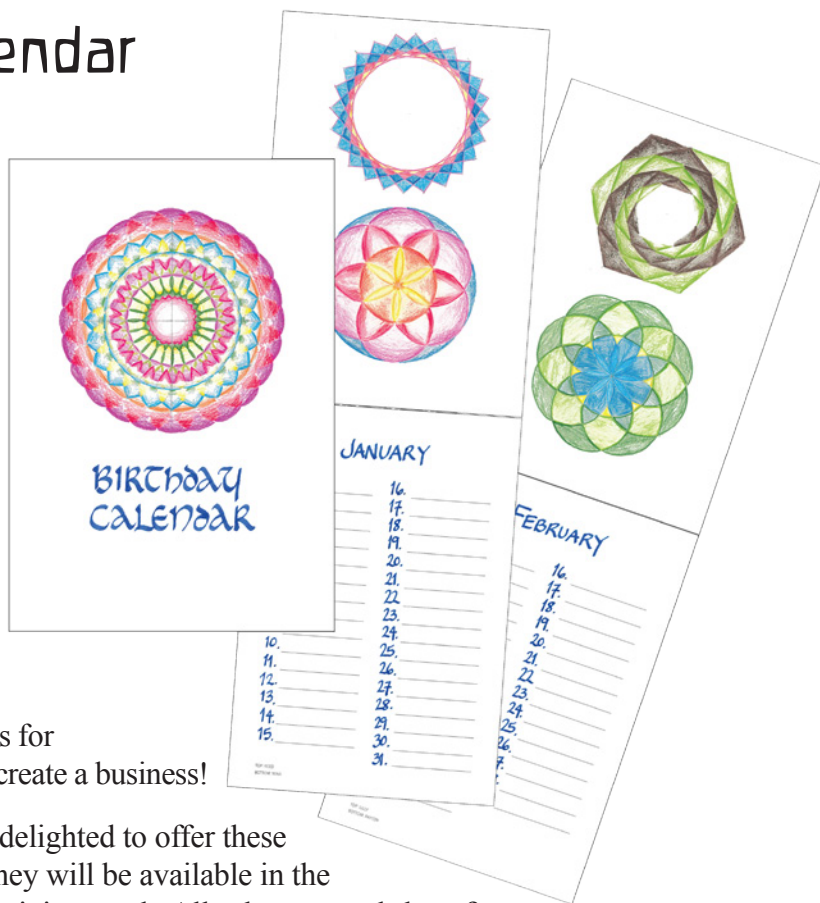
Sixth Grade Birthday Calendar

By Kibby MacKinnon, Sixth Grade teacher

It all started in the first week of school, when Skydrit Baehr, the Sixth Grade Eurythmy teacher, showed me a birthday calendar that had been made by the Sixth Grade at Kimberston Waldorf School in Pennsylvania. Her copy of the calendar, still in use after many years, featured a geometric drawing by each child in the class, and space to write down birthdays or special occasions for each month. I was inspired to put together such a calendar for my students.

At the same time, we had just learned that the Eighth Grade Hot Lunch program would not continue this year, and we were brainstorming ideas to help them raise funds for their end-of-year trip. Then I realized this project could also serve a focus for our Economics block, when Sixth Grade classes often create a business!

So, it is a win-win-win all the way round, and we are delighted to offer these gorgeous full-color calendars for sale for \$15 each. They will be available in the Office and at the Eighth Grade bazaar starting Thanksgiving week. All sales proceeds benefit the Eighth Grade, all the excitement of seeing their artwork in print and having to track the sales benefit the Sixth Grade, and the pleasure of finding such a satisfying gift could be yours!



SWSF WINTER FAIRE FESTIVAL

Winter Faire Shopping

In an effort to shift Winter Faire back to a smaller community event focused on celebrating the spirit of the season together, we will not be including the Friday night shopping and there will be less vendors this year. But for those who enjoy the chance to shop for local, quality, unique, natural and hand-made items for all those on your holiday gift list, you will still find a fabulous collection of vendors, including many Summerfield families, staff and students. Treasures include jewelry, dolls, books, toys, wooden crafts, candles, soaps & body products, clothes, and much more.

Volunteers & Supplies Needed!

It takes a village to make this magical event happen every year! We are still looking for a lead decoration/set-up person and planning volunteers. For the event itself, we need: set-up & decoration, parking & shuttle, craft support, King & Queen Winter, Carolers and more. Greenery, trees, strand lights, wooden rounds for candle holder making, and more greenery are all needed! Please let us know if you can offer any items and leave them outside the Office the week before the Faire.

Contact Event Coordinator Kosima Grundy, kosimagrundy@yahoo.com / 542-6221, or LS Secretary Andrea Jolicoeur, andreajoli@summerfieldwaldorf.org / ext. 101, for any questions or offers of help.

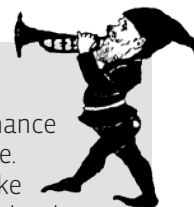
Snowflake Shoppe

A Winter Faire highlight for many children is the chance to buy gifts for loved ones at the Snowflake Shoppe. Winter Faire is fast approaching, and the Snow Flake Fairies are already busy making all the goodies for the shop. We are looking for some donations to help us along: Beeswax | Yarn | Fabric | Mason Jars | Boxed Tea | Wool Felt | Cloth Ribbon | Roving Wool | Coffee Mugs (no writing please) | any wonderful Handmade Item in keeping with Waldorf style | used Waldorf Toys or Board Games | Metal Cookie Cutters.

If you have any of these items, please place them in the donation box outside the main office. We are also looking for anyone interested in donating their skills! Sewing, Knitting, Crocheting, Felting, etc. Please see Holly Hollinger or Viviana with any questions or offers. *With thanks, Snow Flake Shoppe*

Crafting, Entertainment & More

Besides all the crafting to be done, there will be three performances of the ever popular Kindergarten Puppet Show, as well as storytelling under the Oak Tree, live music & wandering carolers, King & Queen Winter and a Circus Waldissima performance to end the day with flying colors! Warm and tasty food, drinks and treats will be available in Sophia Hall.



"The Thanksgiving Farm"

A BEDTIME STORY BY KRISTIEN LERFALD, FARM VOLUNTEER

Down a long shady drive dwells the Thanksgiving Farm where the Farmer, his Wife, their daughter and their dog live in a cozy house with a wrap-around porch. Grandfather Redwood keeps watch over them in their front yard. Two other young farmers also live on the Thanksgiving Farm. These farmers prefer to live in tents on the outskirts of the farm and cook their food over an open fire and wash their hands and faces in a gentle waterfall at the end of the apple row.

Many wonderful things happen on the Thanksgiving Farm at night after we go to sleep. And yet, were you to visit the Thanksgiving Farm in the early morning, you might meet a woman with beautiful, long, silver hair and a bell tied at her wrist, walking along the drive through the mist. She can often be heard singing, "Lead with your heart."

A few steps farther on and you would likely be met by the Farmer, who is up before the sun. Though very busy, he would stop to say "Hello!" and "How can I help?" Soon all of the farmers would be seen loading the old pickup with baskets and bins of lush biodynamic produce. They could also be seen filling an enormous cooler with Greek yogurt gifted from the Farmer's cows.

And were you to visit the Farm at noon, you would find eggs already



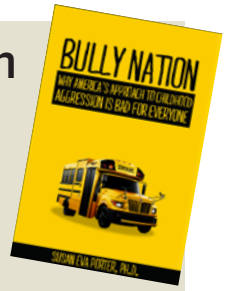
in their cartons, yogurt in jars, beets, chard and kale bundled and baskets filled with assorted winter squash and potatoes.

What none but the farmers themselves are lucky enough to witness after the sun has set and all of the animals are put to bed is the two young farmers entering their tents, tired and happy, their work of the day complete. Soon after this the cows leave the barn, followed by the sheep and lambs, the chickens and ducks fly from their coop and the bunnies hop from their hutches! One by one by one they slowly and quietly make their way down the apple row to the waterfall to wash their faces. Then one by one, again, they slip quietly into the farmers' tents each finding their place beside the young farmers, keeping them warm all night long.

This Thanksgiving please remember the farmers, young and old, who work so hard to bring the Thanksgiving feast to our tables.

Bully Nation

PARENT EDUCATION
EVENING WITH
SUSAN PORTER
WEDNESDAY
DECEMBER 11, 7PM,
SOPHIA HALL



The high school has invited Susan Porter, the Dean of Students at Branson School and the author of *Bully Nation* to speak to Summerfield parents. Dr. Porter brings a critical and illuminating perspective to current methods of working with bullying in schools. She looks at how the current culture of fear surrounding bullying and the language used to describe social dynamics between children limit our ability to deal with the real problems that come up between them. Dr. Porter explores how we can respond to social strife in ways that harness and support the resilience, awareness and creativity in our students necessary for them to work through conflict at school and in their future lives.

This talk is open to all Summerfield parents, with particular relevance for the high school and 6-8th grades. There will be no admission fee, however donations to cover the speaker fee are gratefully accepted.

~ America Worden,
LS/HS Counselor

Parking Lot Speeding!

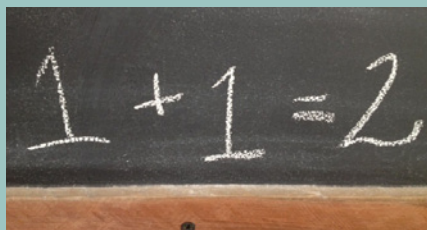
Please remember our 5mph speed limit in the parking lot and on the entrance and exit routes.

Small children can easily dart out unexpectedly. Slower speeds equal safer schools!



Double your donation ~ Matching gifts make a difference!

Have you thought of asking your employer to match your donation? Those extra dollars really add up. Thank you to B of A, PG&E, Merrill Lynch, Sutter Hospice, GE Foundation and Kaiser Permanente for matching SWSF family donations through gift-matching programs.



The Oberufer Shepherds Play

Friday, December 20, 6pm, Sophia Hall

by Andrea Joliceur, LS Secretary

Our best wishes to all families for a joyous holiday season! As a gift to all our parents and friends, in appreciation for their dedicated support through the year, Summerfield cordially invites you to enjoy the free annual community performance of *The Oberufer Shepherds' Play*.



This play originated on the island of Oberufer in Austria. The inhabitants performed it annually, preserving and passing it on from generation to generation as a sacred treasure. Performances were traditionally given in country inns, and players as well as spectators entered the establishment in a heartfelt Christmas mood. The play alternates scenes of devotion with ones of coarse rural humor, indicating its origination in an era when the piety of the people was so deep-rooted that it could easily live alongside their naïve and simplistic rural cheerfulness. It presents a picture of the Holy Child's birth, but the images could apply to any family who must courageously face injustice, poverty, and all the challenges of a difficult destiny.

The children will see the play during the school day, but everyone is welcome to attend the free evening performance. The play is a lot of fun and quite touching, and the content is appropriate for all ages. Summerfield faculty and high school students have been practicing this play for the past two months to present it to our community. The audience will be able to enjoy guessing, as do the students, which teachers and students play which characters in the cast.

We hope to join with you in holiday celebration on this evening, so please come on Friday, December 20, at 6pm in Sophia Hall to enjoy our play. A pot-luck dinner will follow.

ANNUAL GIVING CAMPAIGN (AGC)

By Cyndi Yoxall, Development Coordinator

I truly believe the Annual Giving Campaign is one of the most important ways we can directly impact the future. With our dollars, we have a voice which says *our children matter, education matters, and the future matters*.

The spirit of our community continues to inspire me. Every envelope that comes in, and every pledge that is made allows us to stop and take a moment—to reflect on what it all means. The dedication of parents, board, faculty, staff, families and friends that make up Summerfield is a clear reflection of our priorities. Just as we are teaching our children, we are making a difference in our community by giving from our hearts, as well as our hands and minds. It's a part of our culture that makes our organization so vibrant, so strong and so special. Summerfield could not operate without this support. And future generations will not have this opportunity without our investment today.

Donations and pledges are flowing in, and our team of AGC Class Reps is working closely with their classes and AGC leader, Suzi Redlich, to communicate the importance of this campaign. Thank you to all who have already pledged or donated. It takes all of us to sustain the future of Summerfield and the future of our children—all of our support is critical. If you have not already done so, please join us in making a pledge or donation, giving what you can to preserve this unique place that has brought us all together for a common purpose.

Thank you, again, for your generosity and spirit, and for living a giving life.

Grandparents' and Special Friends' Day

WEDNESDAY, NOVEMBER 27, 8:15AM–12:30PM

Once again, we feel honored and excited to welcome our grandparents and special friends! This is truly one of our favorite days of the school year. Plans are underway for this very special day exclusively for Grandparents and Special Friends on Wednesday, November 27.

This warm day will include student performances, classroom visits, and farm tour, as well as a swag table with items available for sale (t-shirts, mugs & bags) and a Giving Tree for those looking for special ways to give. We look forward to meeting the grandparents of our students, and educating them about our school.

Thank you to Charmaine Stainbrook, Kerry Lynn Yeary, volunteers, faculty, and staff for their care and dedication to this special event. ~ Cyndi Yoxall

Thanks Giving From the Farmyard...

By Farmer Dan

When Rudolf Steiner was asked, "How can we help the young child to be healthy?" he said that common sense, joy and laughter are the best forces to breed healthy children. He didn't say anthroposophy, meditation, and so on. That's for adults. For the young child, it's common sense, joy and laughter. Looking back at our childhoods, we could ask ourselves, "When was I the most happy," and "When was I the least happy," or "Where was there much joy and laughter, and where did common sense prevail in our childhood as we grew towards adulthood?" Then, as now, joy, laughter and common sense often prevailed in the farmyard and fields.

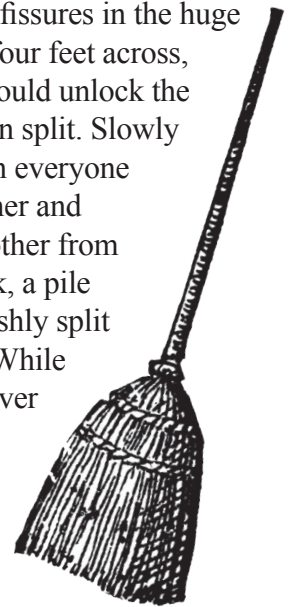
Today the kindergardeners dug fresh carrots, washed them in buckets of icy cold water until they were as orange as the persimmon tree in my yard, and crunched on them as they walked and chatted their way around the farm to the apple row. Then they ran, one by one, between the row of trees they had picked clean earlier in the fall until they reached the stately old walnut tree where they gathered walnuts still falling to be dried in the oven and cracked open with little hammers throughout the winter.

After making a final batch of fresh cider before the old press was put away for the winter, little hands fed the chickens their daily helping of cracked corn and worked to gather the warmly laid eggs that felt so smooth when held up to rosy cheeks. After a cool, sweet drink of cider, some children tried out the rope swings on the walnut tree, some simply climbed up into its well-worn branches, some went over to sit on the old tractor to take it for an imaginary spin, and a few helped brush the long, soft fur of the Angora bunny and helped gather duck eggs while the flock of farmyard Buff ducks splashed excitedly in their pond, with the children circling round. After gathering for a closing goodbye circle and a hearty debate over whose turn it was to pull the wagons back "home" to the kindergardens, off the whole herd went, holding hands and merrily chattering away.

The sixth graders, hefting twenty- and thirty-pound sledgehammers later in the day, were helping split the huge oak rounds from the biggest oak tree on Summerfield's property that had been felled a couple of years ago in the main pasture behind the milking barn. When a student was acknowledged for his strong, hard work ethic and heard praise from the teacher about how he had grown and changed over the years, he modestly replied, "I didn't change. You just never knew me." Rich food for thought for the "teacher." Together, the students used the various flat and star-shaped wedges, hand mauls, axes, and sledgehammers to find

the cracks and fissures in the huge rounds, some four feet across, to see if they could unlock the secret to a clean split. Slowly but surely, with everyone working together and spelling each other from the heavy work, a pile of fragrant, freshly split oak emerged. While looking west over the vermilion vineyards towards the dark clouds at the coast, suddenly someone screamed and, spinning around to see what was up, an entire four-foot round split neatly down the middle. This was the source of the scream of delight. Every pizza cooked in the outdoor brick oven over the winter and each student warming their cold hands by the warm fire will owe a small debt of gratitude to this hearty band of sixth grade woodcutters.

Because there have been rumors circulating about the cleanliness of some of the bedrooms of certain fifth grade students, we have been picking up the pace of our broom making project and are planning their most exciting field trip of the year which will be a trip to each student's bedroom to see how their new brooms work once we finish them. Each student has cut a reasonably straight branch, whittled off the bark, set it to dry in the greenhouse, sanded it smooth, oiled it, and prepared the handle for the adding of the broomcorn. The broomcorn, deep red and soft yellow fronds, was grown on the farm over the summer, harvested by the students, had the seeds scraped off with butter knives (a very itchy process), and is hanging



to dry in the grain shed. To encourage them along in the process, step by step on some of the unusually hot fall afternoons, a wonderful verse kept running through my head reminding me that, “If affections unequal be/Let the more loving one be me.”

This is what might you call “a practice that enables us to love our thoughts or insights so deeply that we can act on them in response to what the world asks of us.” During a recent lecture by a Summerfield guest speaker, John McAlice, he called such a practice “anthroposophy.” Waldorf education calls on teachers to look at the children, listen to them, work with them, all with the inner awareness that each child is a riddle, a sacred riddle, asking to be solved. Suppose you set your alarm clock for five minutes earlier and you used those first five minutes each morning to simply explore the riddle of your child, or children. Each child has a uniqueness that is not acquired, but a spiritual reality, and it is this unique individual quality that will meet the future. That is why Steiner believed schooling was not there to teach children how to fit into society but rather to bring their unique forces to bear on changing society to bring it into the future.

It is time now to wish everyone a warm and meaningful Thanksgiving from all of us on Summerfield farm. “Time for the good wife to forgive her husband when he’s wrong,” for warmth and humor and good organic food. In closing, the poet Rilke, when attempting to describe “God,” talked of God as “dark and like a web,/a hundred roots silently drinking.” Rilke evokes God in images and metaphors from nature—a drifting mist, apple bark, islands on the horizon, a coastline.

During these darker days of winter here are a few beautiful lines from Rilke’s *Book of Hours* as he ponders his image of God: “Often when I imagine you, your wholeness cascades into many shapes. You run like a herd of luminous deer and I am dark, I am forest. You are a wheel at which I stand, whose dark spokes sometimes catch me up, revolve me nearer to the center.”

Blessings on your Thanksgiving meals, Farmer Dan

(Continued from Page One)

As the fall colors of our Campus turned to greys and muted yellows under the bright moon, the Second Graders spotted a hunched-over beggar wandering closer. The figure appeared shaking and cold in the dim light of a lantern. Then St. Martin came riding on a horse from across the field. He stopped, gave his cloak to the beggar, and rode off.

After this sight, the Second Graders lit their own lanterns, and began to sing and slowly progress out through the playing fields toward the farm. The lanterns were quite a lovely sight; bobbing globes of light that seemed to float in the darkness, buoyed up by singing voices.

We arrived at the Farm where Farmer Dan greeted us and we shared hot apple cider and delicious fresh buns. The simple event came to a close and the families made their way to their cars, and off to bed.

The evening had a gentle and reverent mood. I’m sure for those families who have participated in a lantern walk this description wakens sweet memories. And for those who have not yet had the chance, I hope it builds a little anticipation for this truly warming event. Thank you to the Second Grade families, parent volunteers and to Farmer Dan for making our Lantern Walk such a wonderful evening!

The Fifth Annual Alumni Event

... will take place on **Thursday, December 26** in Sophia Hall. We are blessed to

have Tim Allen, Class Two teacher and alumnus, again help to coordinate this adult-only event, which draws up to 200 alumni to gather and share stories.

Summerfield students often form a deep connection that impacts the rest of their lives—they become family who will forever have a place in each other’s hearts. Every year, we locate more of our past students, enabling us to honor them and stay connected. Their lives are inspiring, and they remind us of the outstanding education that makes Summerfield and Waldorf education so unique and important.

If you are interested in volunteering for this lively event, contact development@summerfieldwaldorf.org. You will have a great time!

~ Cyndi Yoxall, Development



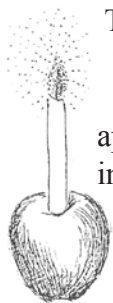
What is Advent?

By Leslie Young, former LS Secretary

The natural world appears to be dying... but is it really? If we look carefully, we see the buds on the trees beginning to swell—so even late November and December can be a time of Life! Nature's forces are working inside the earth to bring us the beauty of spring.



So must we, too, try to bring inner growth and light into our lives even when the scenery and world events around us seem to drag us down. In our search for meaning and spiritual rejuvenation, some of us turn to family and friends, some to tradition and ritual, some to religious guidance. At Summerfield, we strive for the tolerance to freely celebrate what each finds uplifting and holy.



The Advent Garden is a special seasonal observance the school makes possible, during which, for the first through third grade children, their parents can observe in the child's "walk", with apple and candle in hand, the walk of destiny, the apple representing the physical body and the candle flame as the light of the soul.

We, of course, do not articulate this image to the children, but it is an experience that works inwardly on the child and serves, as well, to illuminate a deeper truth for the adults present.

Repeat Success for the Mustangs!

by Kim Shepard, Eighth Grade parent

Volleyball seems to be Summerfield's eighth grade sport, with 2013 being the second year in a row that the Mustangs brought home the trophy from the Middle School Sports League Tournament.

The team consisted of Morgan Lee, Pascal Serkissian, Caroline Kamin, and Mason Kim, who were the team's power servers. Wayland Shepard, Noah Westman and Aaron Zellmer, played the front of the net to perfection.



And Quaid Bulloch and Dharma Westphal brought fans to their feet.



Thanks to Coach Riebli and his assistant Jessica Kane, who filled in on Saturday and really got the team grounded and determined to play their best. Here's to the 2013 eighth grade volleyball team. Go Mustangs!

COMMUNITY INVITED TO WALK THE ADVENT SPIRAL, DEC 1, 6:30PM

Brightly, brightly, deep within, a star is glowing...



Parents, older students, community members and friends are invited to light a candle and walk the evergreen spiral path, accompanied by beautiful lyre music, in the Eurythmy Barn on Sunday, December 1, from 6:30-8pm.

Just enter the Barn and be seated, observing a quiet meditative mood while you await your turn. Donations will be gratefully accepted to cover the cost of candles, apples and musician.

A note about the timing of the Garden: We encourage you to come early... if at 7:30pm, there is no one in attendance, we will end early!

Students in 1st through 3rd grade will walk the Advent Spiral on Monday evening, December 2. This year, all Kindergarten classes will be walking a spiral during the school day in their classes (without parents).



High Schoolers Help Teach Farming!

By Ronni Sands, High School Garden Teacher

Several weeks ago the second grade class from Sheppard Elementary School came to Summerfield to experience our farm and work with the high school students. These high school students had been to their school during project days to work in their garden and were happy to have a chance to continue the friendships that had been started.



We had four activities for them: sowing the cover crop on the farm, visiting the animals, stringing corn bracelets, and making pizza in the pizza oven. It is rare these days for children who live in the city to have a farm experience and their eyes were wide open as they took it all in. The high school students took a leadership role, as they had already developed bonds with these students. An event like this marks a large place in the memory of a young child, having a day outside of the classroom, in the natural world, where learning is engaging physically with work and with the senses. To hold those cover crop seeds in one's hand and cast them out into the world, to pull a carrot from the earth and taste its sweetness, to feed a very large animal like a cow, maybe even feel the sandpaper tongue on your hand, to take a ball of dough, roll it out and make a small pizza and then watch it bake in the oven where the fire can be seen creating the heat—this is real and engaging. The children went home with pizza in their bellies, corn bracelets on their wrists, and joy in their hearts. As one parent said at the closing circle, “My wish is that there could be government funding so that all children can have a farm experience as part of their education.” We can appreciate and share our farm with others and continue to send our students to Sheppard School in the hopes of making a small difference in the lives of these children.

Alumni Updates:

Chamisa Kellogg (Class of 2007):

Artist and illustrator Chamisa Kellogg has teamed up with the *Circle of Hands* toy store (in The Barlow, Sebastopol), to lend her mural skills to its walls. After attending the Rhode Island School of Design in 2011, she moved to SF and now lives in Oakland. Among her varied artistic endeavors, she has plans to write and illustrate her own children's book.



See more of Chamisa's work: www.chamisakellogg.com

Lin Zao Mangis (Class of 2012):

This is the last paragraph from a paper Lin Zao wrote for her English class at Dominican College. The paper was a response to the speech Obama gave about MLK and how she related to it.

“My education through Summerfield Waldorf School gave me the tools to become an independent individual, capable of the freedom of thought, inner growth and the higher consciousness. It taught me to believe the world was good despite all the pain, suffering and injustice, and to follow through with my ideals by standing up against injustice while giving back to the community, both locally and globally. I have learned to work in a classroom, nature and the community with my mind, heart and hands; to respect the individual, the environment and the growing need for sustainability. I became an individual awake to the world and ready to meet the future with an open mind.”

GREEN TIP

The Green Team is working hard to have less garbage on the campus.

Did you know that paper cups are laminated with a plastic resin that prevents them from being recycled? When they go to the landfill they decompose and release methane gas into the atmosphere. Americans use 58 billion paper coffee cups a year. It takes 20 million trees and 12 billion gallons of water to produce these cups. The average coffee drinker throws away 250 cups a year.

So, the innocent stop for coffee can be contributing to global warming.

NOVEMBER GREEN TIP:

“With this in mind, you can shift the damage by bringing a reusable cup. So simple: no cup, no coffee. That always helps trigger the memory...”



Summerfield Community Business Profile

Another profile of one of our family businesses, showcasing the abundant resources and skills in our community:

Wellspring Aikido

By Michelle Keip



How can we bridge the gap between our spiritual ideals and the reactivity of our body and emotions? This quest led me to Aikido, the Martial Art of Harmony, 32 years ago. Two years later I met my husband David on the Aikido mat. Now we have our own family-friendly dojo, Wellspring Aikido, offering these transformative teachings to adults and children in NW Santa Rosa.

Dawn Caccavale, Waldorf parent and Wellspring student, writes, "The beginners class has been a refuge for me, a safe place to open my mind and heart to the true practice of peace. Sensei Michelle is intuitive in the evolution of her students and offers practices applicable in all aspects of daily life. The days I come to class are my best 'Mommy' days."

As in Waldorf education, we cultivate a community learning environment that both challenges and nurtures, empowering each individual to discover their own experience of meaning. Aikido is rooted in respect, cooperation, right action, service and Love. Our somatic practices water the seeds of these innate human qualities, growing them strong and unified in our body, mind and spirit.

Call or write me with any questions or concerns. Michelle Keip: michelle@wellspringai.com or 707-544-2673. Your first trial class is *free* at Wellspring Aikido! We welcome you.

VISIT WWW.WELLSPRINGAI.COM FOR DETAILS ON CLASSES AND INSTRUCTORS.

Summerfield | WALDORF SCHOOL AND FARM

SAILS

the school store located in the main office

Books, candles, dolls, playsilks, calendars, crayons, and more.

20-50% of "sails" from the store go to Summerfield.

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The Messenger Marketplace

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Classes/Training/Camps

Waldorf Teacher Training at Summerfield!

CENTER EDUCATIONAL FOR RENEWAL

Center for Educational Renewal is now accepting applications for a new 4-year, part-time course beginning in June 2014.

The Waldorf Teacher Training program was founded in 1990 to enable Sonoma County residents to prepare to become Waldorf school teachers or to deepen their understanding of Waldorf Education. This course has been designed to enable people who cannot leave the area to take part in a full-time course and to meet the growing need for Waldorf Teachers at Kindergarten, Elementary and High School levels. Each year of the course begins with a 2-week, six hour a day intensive in late June. It then continues from September to May, meeting Wednesdays and Fridays from 3:30-6:30pm at Summerfield. For more info and to apply, visit our website: www.edrenew.org or contact Don Basmajian at (707) 575-7194 Ext. 301. Enrollment is limited to 30 students!

Waldorf Inspired Preschool

Marigold Playgarden, a Waldorf preschool in Sebastopol has a 2 day opening for a 3-5 year old child starting Dec. 1. Consider joining our sweet group of 7 children. We have painting, baking, crafts, homemade organic meals, circle and storytelling. Led by an experienced Waldorf teacher. Please call Jennifer Bowen at 824-9127.

Holiday Window Stars Class at Circle of Hands

Sat. 12/14, 3-5pm, \$25. 10-person max., register by 12/9 or until full. Come learn to fold paper stars to illuminate your holiday windows! The light shining through the star form is magical and will brighten everyone's spirits on a dark winter's day. We'll start with a simple form to discuss the construction and, from there, you will choose your colors & design for 1-2 simple stars. Folding paper stars is meditative work, not difficult, but requires patience. The class is suitable for ages 10+. Erika Stuart, a SWSF parent, learned to fold paper stars while living with her young children in dark and rainy Seattle. She has a small dream of filling the county's windows with bright stars, so come learn how! Call 634-6140 or email circleofhands@sonic.net.

Personal Services

Waldorf Family seeks Helper

Father of two children, 10 and 13, grades 5 and 7 at Summerfield, seeks help 2 weeks of every 5 during his parenting period. Help sought: pickup after school, manage homework and activities usually to 5:00 pm with later 1-2 times per period (to 10:00 pm), manage children for a 5 hour block on Saturdays, some meal prep (for you and children) and light housekeeping (helping children organize their space, putting things away, etc.). Contact: Stan Leopard, stan@joseki.com, 707.292.3615 (cell).

For Sale/Rent/Needed

Seeking Rental

Landscape / Naturalist / Writer couple (a former alumni parent) seeks peaceful, clean and sunny living space near SWS. Can pay about \$1,200. Open to offering caretaking, tutoring, pet loving or landscape gardening. Aiming to move March 2014, but open to a synergistic fit sooner. Catrina, 707.217.3611.

Wanted to borrow or rent:

Baby Crib large enough for my 2-year-old grandson, visiting for the holidays. I will take good care of it! Please call Leslie Young, 888-7322.

Wind Instruments for Sale

Quality Winds for purchase, rent, or rent-to-own. Private instruction for winds, piano, guitar. Call Jonathan Marmelzat, 824-1784, or jonathanmarmelzat@hotmail.com.

Rick Concoff Violins

Quality string instruments for rent or sale at below-market best prices. Rent to own as well. Accessories available too! Call Rick at 823-3916 for an appointment.

Salmon for Sale at the Farm

It is time to reserve your Wild Alaskan Sockeye Salmon! Don't delay! It is delicious! The salmon is available as vacuum-packed frozen fillets in 20lb boxes for \$12/lb. We also have a few vacuum-packed frozen smaller portions available in 20lb boxes for \$13/lb. If the boxes seem too big, team up with a friend or contact me anyway and I can make a list of co-buyers. Please contact Alyssum at (707)480-0655 or windtravelin@gmail.com.

Available for Rent

Cozy 1 BR apartment for rent near Ragle Park, attached to a family home, approx. 650 square feet. Best suited for one person. Hardwood floors, afternoon light, open floor plan, washer and dryer, gas stove, small bathroom with shower (no tub). Looking for someone who does not mind the intermittent sound of children, both overhead and in the shared yard, as we have a Waldorf preschool in our home. We live a very low media lifestyle, and are fairly eco-conscious. Rent is \$1,025 including utilities. Please contact Jennifer Bowen at 824-9127.

Come to Attico!

Attico, at 6791 Sebastopol Ave. (across from Guayaki), is Sebastopol's newest home furnishing consignment store. We carry a variety of tasteful, decorative, and reasonably priced furniture, antiques, artwork, and one-of-a-kind collectibles. Co-owner Viviana will gladly assist you. (707) 861-3771. Open Monday and Wednesday through Saturday from 10am to 5:30pm, and Sunday 11am-5pm, closed Tuesdays. Visit us at www.atticostore.com.

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